# EFFORTLESS EXERCISE for the modern man

# EFFORTLESS EXERCISE FOR THE MODERN MAN

Modern man is busy. Yet — he often needs exercise — and most usually exercise of a specific body area, like the waist-abdomen region. Many men, nowadays, are "chained" to a desk or an office for a good portion of their day. It is increasingly difficult for these men to take the time for the exercise schedule necessary to maintain their muscle tone. And, the waistline and abdomen are usually the areas that show this lack of exercise. Yet modern man, along with his rather sedentary existence, is expected to look "in shape".

How does the busy modern man reduce the size of his expanding waistline and abdomen? The answer for many men is a remarkable device called Relax-A-cizor. Relax-A-cizor exercises and tightens the muscles of this area while you rest or read. There's no physical effort . . . and its use takes a mere ½ hour a day!

Many men lack good muscle tone because they don't get enough exercise. Relax-A-cizor gives effortless, concentrated exercise to such body areas as the waistline and abdomen. Regular use causes this area to reduce in size measurably to the extent these muscles lack tone because of insufficient exercise. And the less the muscle tone, the greater the degree of size reduction.

# Relax-A-cizor is for HER, too!

**Many women use Relax-A-cizor . . . because they find it the modern way to reduce the size of their hips, waist, abdomen and thighs. Send card for her *free* appointment to see and try Relax-A-cizor!**

# Relax-A-cizor IS Exercise!

Many Relax-A-cizor owners (both men and women) find Relax-A-cizor an ideal way to exercise many specific body areas. While you relax or read . . . Relax-A-cizor can be used to provide restful, yet invigorating exercise to the muscles of shoulders, neck, back, arms or legs, for instance. (Just great for these work-weary areas after a busy day!) *Though not a substitute for general or voluntary exercise with its many healthful benefits, your Relax-A-cizor gives you the additional advantage of concentrating the exercise on one or two particular areas . . . and, of course, your Relax-A-cizor exercise* doesn't require any physical effort!

# HOW DOES IT WORK?

## No Weight-Loss! Relax-A-cizor gives you EXERCISE!

Relax-A-cizor gives active, concentrated exercise to the muscles that "support" and "hold-in" the waist-abdomen area. **To approximate Relax-A-cizor exercise, try this. Stand in front of a mirror, and pull in your abdomen . . . then relax. (Notice how your abdomen becomes smaller as you pull those muscles in?)** Relax-A-cizor exercises you 40 times a minute — 1200 times in the suggested ½ hour of daily use. Yet there is no physical effort. You REST, read, watch TV . . . even do some of your desk work at the office while your Relax-A-cizor tones these muscles. And it's this concentrated, muscle-toning exercise that reduces the size of your waist and abdomen!

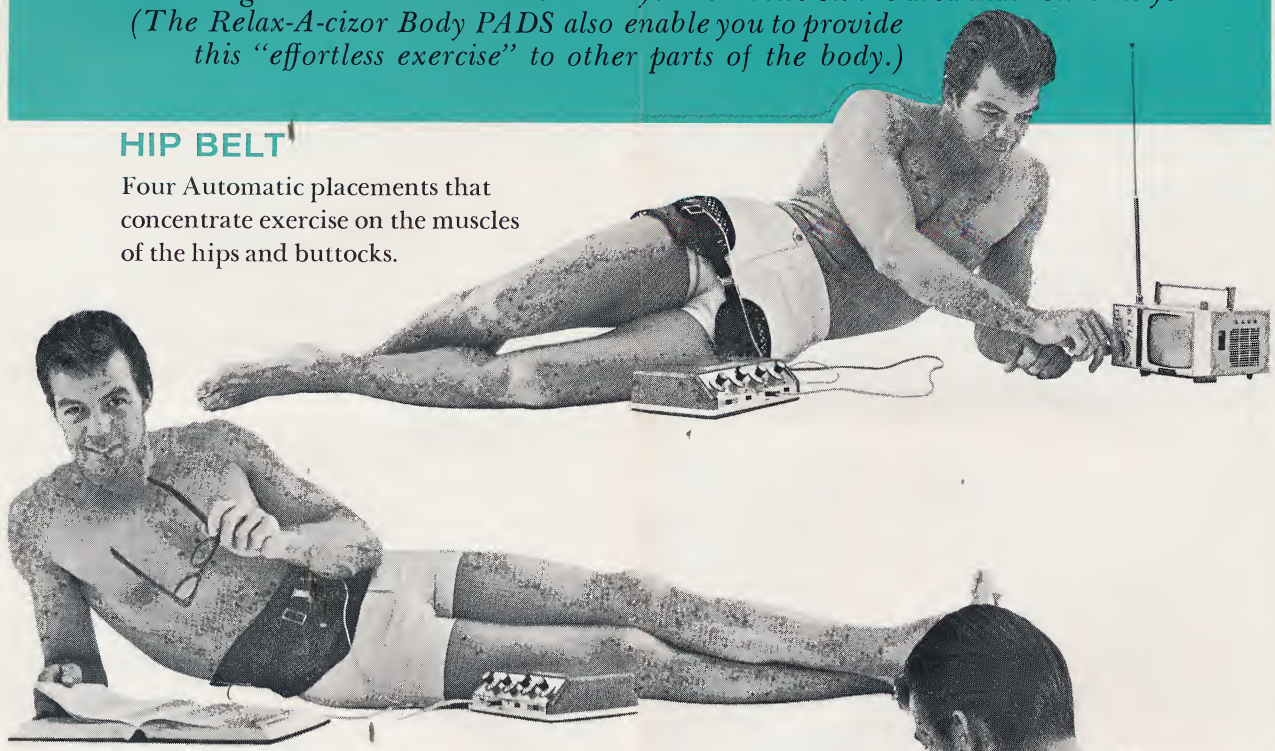
# EASY TO USE!

## Automatic Placements Included in Relax-A-cizor Belts

*To use your Relax-A-cizor, you simply place pads or the convenient Relax-A-cizor Body Belts on the area you wish to exercise. Then relax — and let Relax-A-cizor do the work for you! Each of the Body Belts includes four predetermined placements, thus making it even easier to concentrate your exercise on the area that concerns you. (The Relax-A-cizor Body PADS also enable you to provide this "effortless exercise" to other parts of the body.)*

### HIP BELT

Four Automatic placements that concentrate exercise on the muscles of the hips and buttocks.



### WAIST-ABDOMEN BELT

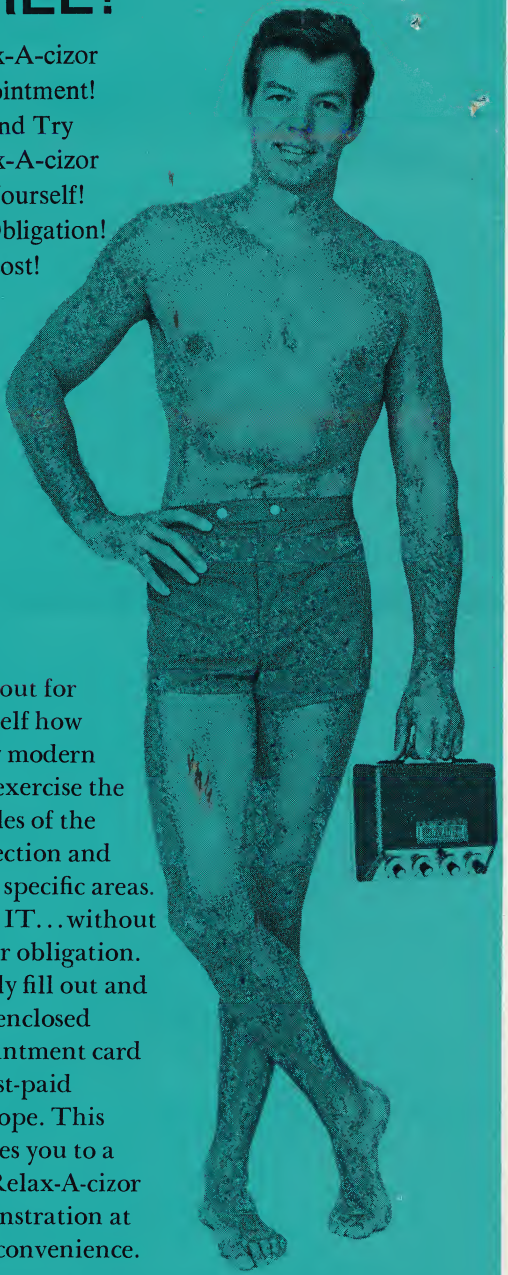
Four Automatic placements that exercise and tighten muscles of the waistline area and abdomen.

### BACK BELT

Four Automatic placements that exercise the muscles of the back and shoulders.

# FREE!

Relax-A-cizor
Appointment!
See and Try
Relax-A-cizor
for Yourself!
No Obligation!
No Cost!



Find out for yourself how many modern men exercise the muscles of the midsection and other specific areas. TRY IT...without cost or obligation. Simply fill out and send enclosed appointment card in post-paid envelope. This entitles you to a free Relax-A-cizor demonstration at your convenience.

RelaxAcizor®

*Principal Offices:*
LOS ANGELES, CAL., 980 N. La Cienega Bl., OL. 5-8000
NEW YORK, N.Y., 575 Madison Ave., MU. 8-4690
CHICAGO, ILL., 29 E. Madison St., Suite 807, ST. 2-5680
TORONTO, ONT., OFFICE, 57 Bloor St., WA. 4-8825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# RelaxAcizor®

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## TOO BUSY TO EXERCISE?

Modern science has made many contributions to our way of life. We no longer walk...we ride...or fly. We have power lawn mowers, electric saws and golf carts. Truth is, modern science has taken the physical "work" out of most everything.

## BUT WHAT DO YOU DO IF YOU NEED EXERCISE?

How do you reduce the size of an expanding waistline and abdomen? Often what's needed here IS more exercise. During active youth, your muscles have more "tone" because you just naturally get more exercise. As the years pass and your physical activity lessens...these muscles become lax...less firm... less able to "hold-you-in". And this is when you need some sort of exercise program if you want this area to look "in shape".

## BUT WHAT DO YOU DO IF YOU'RE JUST TOO BUSY TO EXERCISE?

NOW -- modern science has come up with a way to exercise that lax mid-section that's in keeping with the time requirements of your busy life. It's Relax-A-cizor! This remarkable device provides concentrated, active exercise to the muscles of the waist and abdomen. Yet it takes only 1/2 hour a day! There's no effort! You use it at home while you rest, read, or watch the game on TV. Relax-A-cizor is compact and easy-to-use. In fact, many busy men use theirs at the office or club.

## IT'S EFFORTLESS!

Relax-A-cizor exercises the muscles of the waist-abdomen area 40 times a minute...but WITHOUT any effort! Relax-A-cizor Body Belts have automatic placements -- keyed to the important supporting muscles of the area of use.

## IT'S A FACT!

Many men lack good muscle tone because they don't get enough exercise. Relax-A-cizor gives effortless, concentrated exercise to such body areas as the waistline and abdomen. Regular use causes this area to reduce in size measurably to the extent these muscles lack tone because of insufficient exercise. And the less the muscle tone, the greater the degree of size reduction.

- over -

NO WEIGHT LOSS!

Relax-A-cizor does NOT cause weight loss. Relax-A-cizor's effortless, muscle-toning exercise reduces the size of the waist-abdomen area. Thus, Relax-A-cizor is great even for the "slender" man who may develop lax muscles in the mid-section, even though he doesn't need to lose weight.

I'm enclosing a booklet that tells you more about Relax-A-cizor. After you read it, I urge you to take advantage of our special offer.

NOW -- TRY IT YOURSELF -- NO OBLIGATION!

NOW -- without any obligation or cost -- you can see and try Relax-A-cizor for yourself. Simply send in the enclosed appointment card and we'll arrange an appointment for you to see and try Relax-A-cizor at your home, office or club...at your convenience. Remember -- there's no cost...no obligation to buy. One of our trained Consultants will answer your questions...show you and let you try Relax-A-cizor for yourself. Send in your appointment card now -- there's no risk -- and I think you'll enjoy finding out what this modern way to exercise can do for you!

Sincerely,

Burton Skiles

Burton Skiles
President

FIRST CLASS
PERMIT No. 26947
Los Angeles,
California

# BUSINESS REPLY MAIL

NO POSTAGE STAMP NECESSARY IF MAILED IN THE UNITED STATES

Postage Will Be Paid by – **Relax-A-cizor**

980 N. LA CIENEGA BLVD.

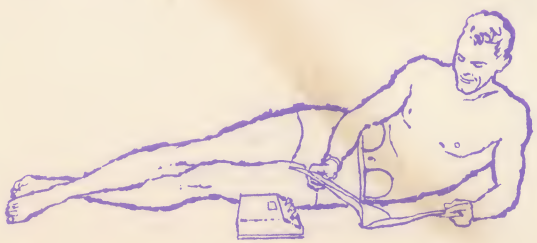
LOS ANGELES, CALIFORNIA 90054

VIA AIR MAIL

## Mail this card TODAY

## Make an appointment to see Relax-A-cizor FREE!

Find out how Relax-A-cizor reduces the size of your hips, waist, abdomen and thighs. Return this card in postpaid envelope NOW and set up YOUR FREE Appointment. Do it today – you owe it to yourself and your figure!



RelaxAcizor®

980 North La Cienega Blvd., Los Angeles, California 90054

**Mail this card TODAY for your FREE Relax-A-cizor Appointment!**

*Yes, I'd like to see and try Relax-A-cizor. I understand there is NO COST or obligation. Please send one of your Consultants to see me at the time shown below. (Please allow enough time for card to reach us by return mail.)*

I will be at home at_____ (AM) (PM) (Approximate time) Date_____

(You may have your free appointment any time from 9 AM to 11PM)

My telephone number is_____

2 T NELSON 7146
BOX 1546 M 8978
POUGHKEEPSIE 2615
NY 12603

How to find my house (directions)_____

_____

*Mail today in the enclosed postage paid return envelope.*

45

## Just 31 minutes...

*...31 important minutes. Take the first minute NOW to fill in and return this appointment card.... You'll spend the other 30 meeting with one of our Consultants ...who shows you and lets you try Relax-A-cizor for yourself! Remember, there's no cost or obligation.*